

Week of: Nov. 17, 2006      Average # of minutes exercised last week: 18      This week's goal: 20

Week <u>3</u>	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Avg.
# of minutes exercised	<u>30</u>	<u>20</u>	<u>0</u>	<u>25</u>	<u>40</u>	<u>0</u>	<u>30</u>	<u>20.7</u>

Week of: \_\_\_\_\_      Average # of minutes exercised last week: \_\_\_\_\_      This week's goal: \_\_\_\_\_

Week _____	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Avg.
# of minutes exercised								

Don't forget to log on to [www.INShape.in.gov](http://www.INShape.in.gov) and record your progress.

Week of: \_\_\_\_\_      Average # of minutes exercised last week: \_\_\_\_\_      This week's goal: \_\_\_\_\_

Week _____	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Avg.
# of minutes exercised								

Week of: \_\_\_\_\_      Average # of minutes exercised last week: \_\_\_\_\_      This week's goal: \_\_\_\_\_

Week _____	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Avg.
# of minutes exercised								

To calculate your weekly average, total up the number of minutes you engaged in physical activity each day, and divide by 7. That's your weekly average. Carry that number to the next week, and try to move at least that many minutes each day. The recommended amount of *moderate* physical activity is 30 minutes per day, 5 times per week. For *vigorous* activity, it's 20 minutes per day, 3 times per week.

Visit [www.INShape.in.gov](http://www.INShape.in.gov) for a calorie counter for physical activity, as well as recommended forms of activity